

7 HOME REMEDIES TO CONTROL HAIR LOSS

Owe it to our flawed genetics or hectic lifestyles and the falling standards of nutrition in our diets-hair loss seems to have turned into a healthcare plague...

Must-read on hair care: 5 hair care myths you might believe in

Use the following home remedies for controlling hair loss:

1. Regular Massaging with Basic Oils

Regular massaging of the scalp with lukewarm oil helps to stimulate the hair follicles. This is also an easy way to cure hair growth deterrents like dandruff and fungal infections. Regular massaging increases the blood circulation in the scalp. It is also useful for lowering anxiety or stress that is often the underlying reason for thinning of hair. Recommended oils for 3 to 4 times-a-week massaging schedule includes coconut oil. You can alternate this with mustard oil. Keep the oil on for at least six hours before washing it off with a mild shampoo. Other oils that can be mixed with coconut oil in trace amounts for faster results include almond oil.

2. Natural Concoctions for Preventing Hair Loss

Coconut milk is among the richest sources of tissue-nourishing, plant derivatives. It is an excellent home remedy for keeping the hair soft without depending upon chemical formulations and regenerating dead hair follicles. You can also use a concoction of coconut oil mixed with half the amount of Amla oil. Just add a dash of lemon juice to this mixture and you have an effective, dandruff-fighting and scalp-healing concoction that arrests receding hairline.

3. Nature's Effective Hair-stimulating Juices

Wheatgrass juice is one of the most effective remedies against hair fall. It is known to decrease the shedding tendency of hair within a few weeks of regular intake. Aloe vera juice has a similar effect. However, aloe gel can be applied to the scalp too. This is helpful for preventing hair loss due to irritated, dry or infected scalp. After massaging the head with aloe gel, wash the hair with lukewarm water. This can be done twice, every week.

4. Slightly Demanding But Very Effective Natural Therapies

You can make your own hair fall-preventing medicine at home by frying some fenugreek (methi)

seeds in coconut oil. Strain this mixture and apply it in minimal amounts, rubbed gently into the hair roots. Alternatively, you can boil some henna leaves in mustard oil. After cooling and straining this preparation, add drops of it in your coconut oil container that you are using for regular massaging.

5. Homemade Pastes

You can wash the hair with a paste made from Neem leaves. This is particularly effective for hair loss caused due excessive build up of scalp oil or invasive skin infections. For restoring the alkaline balance of the scalp and preventing hair fall, you can follow this with washing the hair with apple cider vinegar. Other homemade pastes that can be very useful include a mixture prepared from adding honey and olive oil to some cinnamon (dalchini) powder.

6. Arrest Hair Fall With Elementary Household Items

Before washing your hair, apply the juice extracted from crushed coriander (dhania) leaves. You can also use a mixture of curd and gram flour (chana atta) that should be kept-on for at least an hour before bathing.

7. Hair Fall Dietary Recommendations

For a comprehensive, hair fall prevention regimen, you need to be equipped with a diet plan that includes foods that can arrest hair fall and stimulate better scalp health. Recommendations here include eating more seeds and nuts (almonds and peanuts) along with green leafy vegetables like spinach and sprouts of a variety of dals (legumes). Basically, foods rich in calcium, protein and iron are vital for ensuring overall health of the scalp. Combine this with some basic dietary supplementation, i.e. using over-the-counter products that help to ensure wholesome nutrition for your hair. Regular intake of Amla juice ensures adequate amounts of Vitamin C but you can boost this with eating more guavas.